



Uniform

Leotards

Training sessions

There is no obligation to wear a uniform leotard for training; on the contrary, different colours enable coaches to identify girls more easily. Shiny leotards or dance leotards are not advisable. Leggings/cycle shorts are optional and should be worn over the leotard and not under.

Gymnasts who have passed the SAADI Amber Award are entitled to wear the SAADI Amber leotard at any time and gymnasts who have passed the Bronze Award are entitled to wear the SAADI competition leotard. These can be purchased from the club.

Competitions

The SAADI leotards must be worn for all County/Regional competitions. The Amber leotard may be worn for the HGA Grade competitions. The SAADI competition leotard must be worn for all NDP Grade & Individual Level competitions. These may be hired from the Uniform Team at a nominal charge. The SAADI tracksuit or Fleece should also be worn to and from the competition venues.

If a T-shirt is worn over the leotard this should be a Club Polo Shirt.

Club Championships

The appropriate Club Uniform is mandatory.

- Bronze: long-sleeved black velour leotard with gold side flashes and diamante motif.
- Amber: short-sleeved black velour leotard with gold fire shoulder pattern.
- All other gymnasts should wear a plain black leotard.

SAADI Polo Shirt

Once a gymnast has passed the First STAR Award a SAADI Polo shirt may be purchased from the Uniform Team.

Tracksuit & Fleece

Gymnast who have passed the AMBER Award may purchase the SAADI tracksuit and/or Fleece with the SAADI logo.

Jewellery

No Jewellery, friendship bracelets or body piercings may be worn in the gymnasium. Small stud earrings which cannot be removed for training must be taped over.

For competitions, gymnasts will not be allowed onto the competition arena with any earrings or body piercings.

Hair

Hair must be tied and in a style suitable for gymnastics. If it is long, it should be tied back neatly or plaited. Short hair must be tidy with long fringes clipped back.

Accessories

Accessories such as hair ribbons should be in Club colours of yellow and black. Hair braids or extensions are not permitted.